



# SOS Women's Club

Carte Di Donne



## Karen's Corner

Our movie group had a wonderful afternoon going to see *The Art of Racing in the Rain*. Thank you Judy, for having the foresight to bring tissues for everyone!



Thank you to everyone who helped at the SOS Ravioli, Sausage & Sfinigi booths at the Italian Family Festa last weekend, and to those who cut all those peppers for the sausage sandwiches! A good time was had by all and it looks like we have some future members in training.



Welcome, Susan La Russa, our newest member. Please take time to get to know Susan at our next meeting.

Congratulations, Jessica & Aaron Trumble on the birth of their son, Jaxon Parker. And, also congratulations to grandma, Esther Zambatarto.

# CULTURAL CORNER

## Cous Cous Festival

The annual Cous Cous Festival is held towards the end of September in the seaside town of San Vito Lo Capo. One of Sicily's most popular festivals, the international event celebrates the multiple ways couscous is prepared around the Mediterranean. The typical Trapanese method of preparing couscous is with fish.

Sicilian cuisine is very diverse, as it has been influenced by the many cultures that visited its wonderful land in ancient times. Couscous is a very important example. Couscous is typically a traditional Moroccan dish, but while in the African coast it is prepared with meat and vegetables, in Sicily - and more precisely in Trapani - it is seasoned with fresh fish caught in the Mediterranean Sea.

The origins of couscous alla Trapanese are therefore very ancient, but this dish continues to amaze and delight the palates of the Sicilians even today.

Stalls and booths line the main streets of the town but the festival's focal point is a competition with participants from Algeria, Morocco, Tunisia, Israel and Turkey, amongst others, each competing for the coveted *Best Couscous* title. A selection of delicacies ranging from Lebanese tabouleh to couscous with coconut milk is served; and there is live music at free concerts every evening. Gastronomic workshops include lessons in preparing couscous.

## Couscous alla Trapanese

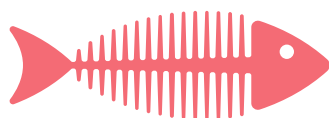
- 8 1/2 ounces cous cous
- 2 1/4 pounds soup fish  
(squid, snapper, mussels, clams, shrimp)
- 1 carrot
- 1 onion
- 1 pounds tomatoes, cut in pieces
- 1 teaspoon saffron
- 1 1/2 ounces chopped almonds
- 1/2 cup white wine
- Salt and Pepper
- parsley and bay leaf (to taste)
- paprika and chilli
- Extra virgin olive oil



Put in a pot the heads and bones of fish with a little water, half a carrot, half an onion, a bit of parsley, salt and pepper. Cook for 30 minutes and strain the broth obtained.

In a saucepan, fry half the onion in oil, half a carrot, chopped parsley, saffron, paprika, to taste, and chili. Add the fish, pour the white wine and then add half of the filtered broth, the tomatoes and simmer for half an hour. Season with salt and pepper.

Prepare the cous cous, arrange it in a bowl, season with the filtered broth and add the fish.



**Health & Welfare**

No new items to report.  
 If **you** have any news for the membership, please contact Janet Salciccia.

**September Birthdays**

September 16 - Gae Tina LaTorre  
 September 21 - Dottie Gingerelli  
 September 27 - Nancy Cosentino  
 September 29 - Lynn Di Salvi  
 September 30 - Lisa Chairamonte

**Guests**

Every month is guest month at our Women's Club. Guests pay \$27 for dinner meeting.



**NEXT MEETING**

**MONDAY, September 9**  
**Napredak Hall**  
**770 Montague Expry**  
**San Jose**  
**Dinner served @ 6:30**  
**Dinner Cost: \$20**

**We will have a joint dinner with the SOS and then break for individual meetings.**

**At our last meeting we agreed to support Cancer Care Point. On September 9 we will be voting on three other charities to support this coming year.**

**Candidates are:**

- Blue Star Moms
- Children's Shelter
- Clothes Closet
- Companion Dogs for Vets
- Georgia Travis
- Gifts for Teens
- Gifts of Love
- Lucille Packard Hospital
- Martha's Kitchen
- Ronald McDonald House
- Senior Assist. Living
- SJ Family Services
- Uplift

### Upcoming Events

- Oct. 6 - Little Italy Street Fair
- Dec. 13 - SOS Christmas Dinner
- Dec. 15 - SOS Children's Party

### Contact info...

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